

VETERANS' DAY CELEBRATION

We will be celebrating Veterans' Day at the senior center on Thursday, November 14th at 10:00 a.m. This celebration is open to all veterans and / or families of veterans. The Rotarians will be providing all of the refreshments and will also be here to serve our guests. Entertainment will be provided by the Crosswinds Quintet, a Navy woodwinds band whose musical arrangements range from popular patriotic selections to classical favorites. Please call the senior center at 508-543-1234 to sign up if you are interested in joining.

Monday, November 4

Sit and Be Fit 9:30 a.m.

Tai Chi 10:45 a.m.

Book Club 11:00 a.m.

Podiatrist 12:00 p.m.

Knitting 1:00 p.m.

Shaws 1:00 p.m.

Tuesday, November 5

Stretch & Balance 8:30 a.m.

SHINE 10:00 a.m.

Nutrition 11:00 a.m.

Discussion Group 1:00 p.m.

Talespinners 2:00 p.m.

Bingo 2:00 p.m.

Wednesday, November 6

Strength Training 8:30 a.m.

Painting with Bob McLeod 10:00 a.m.

Chorus 10:00 a.m.

Video Lecture Series – "Mark Twain" 11:30 p.m.

Zumba 1:00 p.m.

Thursday, November 7

Ceramics 9:00 a.m.

Italian 1 11:00 a.m.

Advanced Italian 1:00 p.m.

Friday, November 8

Stop & Shop 8:30 a.m.

YMCA Exercises 9:30 a.m.

Cribbage 11:00 a.m.

Card Making 11:00 a.m.

Monday-Thursday 8 a.m. to 4 p.m., Friday 8 a.m. to 3 p.m. Tel. 508-543-1234. www.foxboroughma.gov

NEW COMPLIMENTARY BREAKFAST PROGRAM

Start your day right with a delicious and nutritious breakfast! HESSCO is introducing a new complimentary breakfast program with a breakfast menu that includes: hearty and healthy steel cut oatmeal with apples, cinnamon and raisins; snack-n-loaf fruity high fiber muffin; mouthwatering all-natural orange smoothie and low-fat milk. The nutritional information of the breakfast is as follows: 710 calories, 29gm of protein, 565mg of sodium, 6gm fiber, 100% DRI vitamin C (79mg), 1/3 DRI calcium (400mg). Enjoy your breakfast in the company of friends at the meal site or you can take it to go. If you are interested, please call Marcia at the meal site at 508-698-0754 to make a reservation.

FUEL ASSISTANCE

LOW INCOME HOME ENERGY ASSISTANCE PROGRAM

You may qualify for help with paying for your heat this winter. The Low Income Home Energy Assistance Program helps eligible renters and home owners of all ages with their winter heating costs. If you are a renter you may qualify for this program, even if heat is included in your rent. The maximum annual household incomes allowed to qualify are as follows: \$32,065 for a one person household, \$41,932 for two people, \$51,798 for three people, \$61,664 for a four person household, and so forth. If you qualify for this program, you may also qualify for reduced electricity and gas utility rates, information on saving energy, and weatherization services. Don't wait until you are out in the cold. Call us at 508-543-1234 to make an appointment to fill out an application for the upcoming winter season.

SENIOR CENTER PROGRAMS ON CABLE AND DVD LENDING LIBRARY

Watch "Your Scene, Your Center" on Foxboro Cable Access, Comcast Channel 22 and Verizon Channel 38, on Wednesdays and Thursdays at 1:00 p.m. and 7:00 p.m. All of our senior center programs are available on DVD and can be borrowed from our DVD Lending Library.

SPECIAL EVENTS AND PROGRAMS

ZUMBA CLASSES

Are you ready to learn some Latin dance moves and get yourself into shape at the same time? Zumba classes will be starting up again at the senior center for six sessions beginning on Wednesday, November 6th. You can learn to move your hips to the Latin beat as our YMCA instructor Lorraine Brue leads us in this fun fitness program. Zumba is an exercise program inspired by Latin dance as it combines Latin rhythms with cardiovascular exercise to create an aerobic routine that is fun and easy to follow. Classes will be held at the senior center from 1:00 p.m. to 2:00 p.m. on the following Wednesdays: November 6th, 13th, 20th and December 4th, 11th and 18th. The cost for these six classes will be \$12.00, with payment due by the start of the first session. Come and join us for an afternoon of fun and fitness!

PRE-THANKSGIVING DINNER AT NICKY'S RESTAURANT

The management of Nicky's Restaurant located at 460 Franklin Street in Wrentham, invites Foxboro seniors to participate in their annual pre-Thanksgiving dinner on Monday, November 25th at 11:00 a.m. There is no charge for this event generously provided by Nicky's Restaurant. Seating is limited. Reservations are required and will be made on a "first-come-first-serve" basis by calling the senior center at 508-543-1234 on Wednesday, November 13th beginning at 8:00 a.m. Please do not call the restaurant directly. The Van-Go is available for those needing transportation assistance. Call the senior center to arrange for your ride.

PAINTING WITH BOB MCLEOD

Come and explore your creative talents at the senior center. You will amaze yourself when you leave the class with a fantastic painting that has been done by you. Come and enjoy a Bob McLeod painting class and you'll want to come back for more! This class is for everyone, not just the experienced, so give it a try! Bob McLeod's next visit to the senior center will be on Wednesday, November 6th at 10:00 a.m. The cost of the class is \$30 and includes everything you will need to complete your painting that day. Bring your lunch and plan on staying until approximately 3:30 p.m. Please bring along your own paper towels. Class size is limited, so call the senior center at 508-543-1234 if you would like to sign up for this class.

SIGN-UP ON FOR OUR LAKE VIEW PAVILION HOLIDAY CELEBRATION

The holiday season is on its way! Mark your calendar on Thursday, December 5th for our annual Holiday Celebration to be held at the Lake View Pavilion in Foxboro this year. Jim DePillo of JD's Music Express will be providing our entertainment of music and fun to help us all get into the holiday spirit. Our DJ Jim will be happy to play any song requests! So please put your musical requests in the Suggestion Box on the hutch in the senior center. We should arrive at the restaurant by 12:30 p.m. and lunch will be served at 1:00 p.m. The menu will include an entrée choice of Chicken Veloute which is baked chicken and cornbread stuffing with Valoute cream sauce, or the choice of Scrod encrusted in bread crumbs with lemon cream sauce. All meals will include

freshly baked rolls and sweet butter, chef's choice of fresh vegetable, potato or rice, a tossed garden salad, coffee or tea, and vanilla ice cream with strawberry or chocolate sauce for dessert. The Van-Go will be available for the transportation of all of our regular van riders. The cost for this event is \$23.00 per person and payment will be due on or before Friday, November 8th. This event is for Foxborough residents only. Sign up for our Holiday Celebration by calling the senior center at 508-543-1234.

HOLIDAY HAPPENINGS

Join COA Director Vicki Lowe and Stacey Hiltner of Community VNA on Thursday, November 21st at 1:00 p.m. for a unique "Holiday Happenings" program. This program features ideas for making the holidays as stress-free as possible, and shares festive decorating trends. There will be a free raffle of two beautiful holiday wreaths. Participants will have the opportunity to make scented bath salts or salt scrubs (a great gift) while learning the benefits of aromatherapy. Don't miss this fun, interactive program. If you are interested, please call the senior center at 508-543-1234 to sign up.

REGULARLY SCHEDULED

VIDEO LECTURE SERIES: "MARK TWAIN" – TIME CHANGE FOR OCTOBER

As part of "The Great Courses" video lecture series from our Kastrenos Library of Illuminating Lectures, we will be offering "The Life And Work Of Mark Twain" on Wednesdays at the senior center through November 20th from 11:30 a.m. to 12:30 p.m. Hear about Samuel Clemens and his other self 'Mark Twain', his life, his humor, and his works. Listen as Professor Stephen Railton, Professor of English at the University of Virginia, narrates this series. Professor Railton received his M.A. and Ph.D. from Columbia University and has been the recipient of numerous literary awards. This series is touted as "pure intellectual stimulation" by *Harvard Magazine* and "a serious force in American education" by *The Wall Street Journal*. Please call 508-543-1234 to sign-up for this wonderful educational opportunity. Watch for other series to follow!

BOOK CLUB

The Book Club meets at the Foxboro Senior Center on the first Monday of every month. Each month a new title is selected and is made available on Perkins tapes, library tapes, CDs and books. Seniors who have limited vision, have difficulty holding or reading a book, or who simply enjoy listening to books on tape will be able to enjoy this group. The group is led by Community Social Worker Pam McGuire. Our next meeting is on Monday, November 4th at 11:00 a.m. If you would like to participate in this group, please call 508-543-1234.

BINGO

Calling all Bingo players...Come and join the fun on the 1st Tuesday of each month as we play Bingo together at the senior center. Try your luck and win cash prizes in varying amounts. There is a nominal fee of \$1 per card. Our next Bingo afternoon will be on Tuesday November 5th from 2:00 p.m. to 3:30 p.m. Please call us at 508-543-1234 to let us know that you will be joining us. This event is sponsored by the Friends of Foxboro Seniors.

MOVIE DAY

This month's Classic Movie Day is scheduled for Thursday, November 14th at 1:00 p.m. Take in a good movie with friends while you enjoy the comfort of the senior center along with some fresh, hot popcorn. Feel free to bring your lunch to enjoy ahead of time in our Coffee Connection. Our feature presentation this month is "Laura," starring Dana Andrews, Clifton Webb, Gene Tierney and Vincent Price. Nominated for five Academy Awards, this stylish mystery thriller twists and turns with new suspects, new evidence and unexpected revelations. A wealthy journalist (Clifton Webb) becomes entranced with a beautiful young career woman named Laura (Gene Tierney). But shortly before her wedding to a dashing young playboy (Vincent Price), she is found murdered. Stirred by her portrait, the detective (Dana Andrews) assigned to her case finds that he, too, is strangely under Laura's spell. If you'd like to join us, please call 508-543-1234 to sign up.

JAY BARROWS' OFFICE HOURS

State Representative Jay Barrows holds office hours at the senior center on the 4th Monday of every month at 9:00 a.m. His next visit will be on Monday, November 25. Come to the convenient location of the senior center to take advantage of this opportunity to meet Representative Barrows, have your concerns heard, or to simply get information.

LOW VISION SUPPORT GROUP

Our Low Vision Support Group meets on the third Thursday of every month from 1:00 p.m. to 2:00 p.m. The next meeting will be on November 21st. This is an adult group providing peer support and information for anyone with vision loss, or those who have concerns about their vision. Seniors from Foxboro, as well as surrounding towns, are welcome! Van transportation is available for Foxboro residents by calling the senior center at 508-543-1234.

MANICURES

Our manicurist, Sheri Thorpe, will be here on Tuesday, November 26th beginning at 9:00 a.m. for 20 minute appointments. Sheri uses quality OPI products and has been the manicurist at our neighboring Plainville Council on Aging. She comes to us with high recommendations. Just call us at 508-543-1234 to make your appointment for this service that will leave you feeling and looking great!

TRIAD

TRIAD is part of a national program that is a three-way partnership between seniors, law enforcement agencies, and the Council on Aging. This partnership works together to reduce criminal victimization of senior citizens and to enhance their awareness of support services. TRIAD also works to increase senior participation in crime prevention and detection programs. The purpose is to reduce crime against seniors, and help improve the quality of life of all citizens, especially seniors. TRIAD, a senior citizen run and directed group, currently has openings for volunteer leader positions. Use this opportunity to bring forward your safety issues and concerns by becoming involved in this important organization. TRIAD meetings are usually held on the third Wednesday of each month, and the next TRIAD meeting will be on Wednesday, November 20 at 1:00 p.m. Everyone is welcome to attend these informational sessions.

SHOPPING

We will be going to Shaw's on Mondays at 1:00 and 1:30 p.m., and to Stop & Shop on Fridays at 8:30 a.m. There is room on the van if you would like to take advantage of sales at both stores. The following is a list of other shopping trips and outings we have planned. They all take place on Wednesdays at 1:00 p.m. If you would like to go on the van, please call the senior center at 508-543-1234 to arrange for a ride.

November 6 Christmas Tree Shop

November 13 Walmart

MEDICAL INFORMATION AND SERVICES

PODIATRIST

Dr. Willinsky, Board Certified by the American Board of Podiatric Orthopedics, is available at the senior center on the first Monday of every other month at 12:00 noon. His next visit will be on Monday, November 4th. Clients are seen on a first come, first served basis. The cost to see Dr. Willinsky is \$20.00 per person and checks can be made out directly to Dr. Jeffrey Willinsky. The Van-Go is available for anyone needing transportation to the senior center, so please call 508-543-1234 to arrange for a ride.

FALL HEALTH EDUCATION CLASSES

Brigham and Women's/Mass General Health Care Center is committed to working with the community to provide expert health care services and education. The following classes offered this fall as part of their community education program series are: "The Aging Athlete: Knee injuries from sports" on Tuesday, November 5th from 7:00 p.m. to 8:30 p.m.; "Cosmetic Laser Treatments: Know your options" on Wednesday, November 6th from 7:00 p.m. to 8:30 p.m., and; "Hearing Loss and Quality of Life" on Thursday, November 7th

from 7:00 p.m. to 8:30 p.m. All classes are free, open to the public and held on the 3rd Floor Atrium at the Brigham and Women's/Mass General Health Care Center at 20 Patriot Place in Foxborough. To register for these events or for more information, call 866-378-9164.

S.H.I.N.E

You can obtain health insurance information and assistance through the SHINE (Serving the Health Information Needs of Everyone) Program. The SHINE Program provides free and confidential health insurance information, counseling and assistance to Massachusetts residents who are or will be eligible for Medicare and their families. We have SHINE counselors, Judy Murphy and Ed Raider, who can meet with you individually at the senior center on the 1st Tuesday and 3rd Thursday of the month in the mornings as well as some additional times during "Open Enrollment". The next available appointments will be on Tuesday, November 5th, Thursday, November 7th and Thursday, November 21st. Another option is to call 1-800-AGE-INFO (1-800-243-4636), then press or say 3. Once you get the SHINE answering machine, leave your name and number. A volunteer will call you back as soon as possible. For assistance from a Medicare customer service representative 24 hours/day, 7 days/week, call 1-800-MEDICARE. To sign-up for SHINE appointments or the Open Enrollment presentation at the senior center, please call 508-543-1234.

BLOOD PRESSURE CLINIC

Our next Blood Pressure Clinic will be on Tuesday, November 12th from 10:00 a.m. to 12:00 noon. The Blood Pressure Clinic is held once a month at the senior center on the 2nd Tuesday of the month, from 10:00 a.m. to 12:00 p.m. Transportation is available. This is a free clinic and is open to Foxboro residents of all ages by appointment only. Please call the office at 508-543-1234 to set up an appointment.

GRIEF SUPPORT PROGRAM

The Community VNA is offering a 6-week Adult Grief Education Series which is a grief support program offering a learning and supportive experience to begin the journey towards healing. Meetings are on Tuesdays from 7:00 p.m. to 8:30 p.m. beginning October 22 through November 26, 2013. Pre-registration is required. Please call 508-222-0118 ext. 1373 or 1-800-220-0110 ext. 1373 for information and registration

COMMUNITY BENEFITS PROGRAMS

Norwood Hospital is offering ongoing Community Benefits programs to help promote the health and well-being of our community. Some of the following programs being offered are as follows: **Diabetes Support Group** – free, meeting on the second Tuesday of the month October through May, 6:30 p.m. to 7:30 p.m., in the RANI Conference Room at Norwood Hospital; **Domestic Violence Support Group** – free, offered at Norwood Hospital with confidential screening provided by LICSW, and; **Senior Supper Program** – Monday through Friday, 4:45 p.m. to 6:45 p.m. in the cafeteria of the Lorusso Building at Norwood Hospital, a nutritious meal is offered at a reduced cost. If you have any questions on these programs, please call Margaret Lutz at 781-278-6024 or visit the website at www.Norwood-Hospital.org.

BLADDER ISSUES

On Tuesday, November 12, from 6:00p.m. to 7:00 p.m. there will be a free informational session on "Pelvic Floor Muscle Rehabilitation" at the Center for Bladder and Pelvic Health, 671 North Main Street in Attleboro. Pelvic Floor Muscle Rehabilitation treats a wide range of bladder disorders in a noninvasive, painless way. Please call 508-236-8020 by Friday, November 8 to register

INCOME TAX INFORMATION

SENIOR CIRCUIT BREAKER CREDIT

You may qualify for Senior Circuit Breaker credit on your 2013 income tax returns if you meet the following criteria: you are 65 years of age on or before December 31, 2013; you own or rent in Massachusetts as your principal residence, and; your total income does not exceed \$55,000 if you are single, \$82,000 if you are married filing jointly, \$69,000 if you are the head of household, and if your assessed real estate valuation does

not exceed \$700,000. For more information, check out the www.mass.gov/dor/seniors website for full details or call customer service at 617-887-6367 or toll-free in Mass. at 800-392-6089.

LEGAL SERVICES

If you are a member of the military or are a veteran, or if you are just looking for the right lawyer, the Boston Bar Lawyer Referral Service, run by the Boston Bar Association can help you. The legal specialists are trained to identify your legal problem and give you a referral based on your unique needs. The referral service can be reached at 617-742-0625 or through the web at www.bostonbarlawyer.org.

PUBLIC SAFETY INFORMATION

PHISHING SCAM

Phishing scams are a well-known form of scam. Someone may call you on the telephone pretending to want to help you. Ignore phone calls claiming to be from "Microsoft" wanting to fix errors coming from your computer. The caller will say that they "work with Microsoft to resolve issues" and asks respondents to log on to correct problems. This is a scam! Do not follow their directions or advice and do not provide any information to them. Just hang up!

MEALS AT THE RODMAN BUILDING AT ANNON COURT SERVED AT 11:45 A.M.

If you plan to eat, give Marcia at least two days notice by calling 508-698-0754.

Please note that after many years without an increase in price, the suggested donation is now \$3.00. The Van-Go is available for transportation on a limited basis by calling the senior center at 508-543-1234.

Meals contain approx. 700 calories, 600 mgs. sodium with no added salt, 3 oz. entrée, low fat & low sodium gravies.

Monday, November 4

Low Salt Hot Dog on a Roll
Mustard Packet
Baked Beans
Hot German Slaw
Strawberry Cup

Tuesday, November 5

Beef Barley Soup
Breaded Chicken
Mixed Vegetables
Multigrain Roll
Fresh Orange

Wednesday, November 6

Tortellini with Alfredo Sauce
Italian Blend Vegetables
Whole Wheat Roll
Hermit Cookie

Thursday, November 7

Hearty Turkey Stew with Vegetables
Whipped Potato
Whole Wheat Bread
Peaches

Friday, November 8

American Chop Suey

Wax and Green Beans

Fruit Muffin

Pears